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Dietary Recommendations Based on HTMA Patterns

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Some of our clients have asked in the past how our dietary recommendations are made based on HTMA test results.

It is well known that many factors impact nutritional status other than diet. Foods contain nutrients, but whether these nutrients are utilized by the body, organs, and cells is influenced by the central nervous system (CNS), the endocrine system, and the combined neuroendocrine system. These systems influence the availability of nutrients in foods, as well as their digestion, absorption, utilization, and even potential allergy to foods.

The first step in determining dietary recommendations is categorizing the specific metabolic type from the HTMA test. Additionally, we recognize the individual foods categorized based on naturally occurring constituents (nutritive and non-nutritive), their specific dynamic action (SDA), mineral content, and mineral interrelationships within the foods. These factors are all then compared to the results of the HTMA test.

Given the profound influence of the neuroendocrine system (NES) on nutritional status, it's crucial to understand its role. To paraphrase the late Dr. Melvin Page, "... the autonomic endocrine system controls or influences every chemical process in the body, including assimilation and utilization of nutrients." This means that our nutritional status can, in turn, influence the NES on a cellular level.

Specifically, cellular, and mitochondrial functions are affected by the NES. Sympathetic dominance (and sympathetic endocrine activity) is associated with an accelerated glycolytic activity within the cytoplasm of the cell, while Parasympathetic dominance (and parasympathetic endocrine activity) is associated with reduced cellular glycolytic activity. The result of both is a reduction of normal ATP production (the main energy constituent) within the mitochondria. Glycolysis ultimately results in the formation of pyruvic acid. Pyruvate combines with acetyl Co A and enters the Krebs's cycle within the mitochondria. Each step of this metabolic process requires nutrients, including vitamins, minerals, and amino acids, for

normal cellular respiration. A deficiency of nutrients, or imbalance between nutritional interrelationships ultimately leads to abnormal cellular function including energy production, electron transport, enzymatic activity, nervous system disorders, neurotransmitter imbalance, muscular disturbances, blood sugar dysregulation, hormonal imbalance, etc. etc.

Therefore, a targeted diet and nutritional support must be tailored to the individual. As an example, a person with a slow metabolic rate (Parasympathetic dominance) requires a greater amount of protein relative to fats and carbohydrates in order to provide adequate amounts of pyruvates for entering the Krebs' cycle of energy production. The fast metabolic type (Sympathetic dominance) requires more fats in order to provide sufficient amounts of acetate to combine with pyruvic acid and enhance Krebs' cycle functioning and slow the excessive glycolytic activity, via acetyl Co A.

The natural constituents in foods play a significant role in our metabolic rate and cellular respiration. For instance, foods high in naturally occurring thiocyanates can potentially contribute to low thyroid expression, while foods high in phytates can enhance the metabolic rate. The mineral levels and ratios in foods also have an impact on our metabolic rate. For example, soy is not only high in the mineral copper, but also has a low zinc-to-copper ratio. This means that an individual with a similar mineral pattern as soy (low Zn/Cu) may not benefit from soy protein products, whereas a person with a high zinc-to-copper ratio would.

There is a great deal more related to the dietary recommendations that cannot be explained in a brief note. Our programs that generate the reports, including dietary and supplement recommendations, are the result of thousands of computations based on the scientific understanding of the many factors mentioned. These recommendations are designed not only to provide nutrients from the diet but to specifically address the nutritional requirements to enhance cellular metabolic activity, positively affecting the organs and systems of the body.